

Innovative training programs for frail elderly in the skilling up stage

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Propositions

regarding the PhD Thesis

INNOVATIVE TRAINING PROGRAMS FOR FRAIL ELDERLY IN THE SKILLING-UP STAGE

Effects of stochastic-whole body vibration and
dance video game on physical performance

Slavko Rogan

Maastricht, 15th December 2016

1. Whole-body vibration and exergames show potential to improve the physical performance level in elderly in need of care (this thesis).
2. Motivation alone seems not to be the key to encouraging elderly in need of care to perform exercise over a long period of time. However, combining motivation with self-determination (volition) appears to enable the elderly in need of care to adhere to an eight-week training program (this thesis).
3. The classification model No-Go, Slow-Go and Go-Go is a simple assessment tool used to evaluate biological age in an elderly population (this thesis).
4. Elderly people show a wide variety of feelings, ranging from gratitude and joy to bad moods or even a longing to die.
5. Research can answer questions but also opens the door to new questions.
6. A PhD is the best implementation for explorative learning.
7. He who knows all the answers has not been asked all the questions. (Confucius)
8. After completion of the study, an elderly person told me: 'You are the reason why I live longer' (Study 3).